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2-20-1990

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# upcoming at UD

COVERAGE TIPS FOR PRINT AND BROADCAST MEDIA

February 20, 1990

## **FEB. 22: UD SESSION WILL FOCUS ON BREATHING TECHNIQUES TO BALANCE STRESS**

Easy-to-learn breathing techniques recently recovered from ancient cultures and designed to help balance the body, thoughts, emotions and spirit will be taught in a University of Dayton Wellness Program session on Thursday, Feb. 22 from 12:05 to 12:50 p.m. in St. Mary Hall Room 422.

Enrique Romaguera, associate professor of language at UD, will lead the session. The breathing techniques, which will allow participants to bypass their minds and relieve aches and pains caused by stress, will again be taught on Tuesday, Feb. 27 at the same time and place.

For more information, contact Enrique Romaguera at (513) 229-2520.

## **FEB. 22: UD ART RECEPTION WILL HONOR DAYTON PUBLIC SCHOOL STUDENTS**

The University of Dayton will host a reception on Thursday, Feb. 22 from 3:30 to 5 p.m. in the Kennedy Union Art Gallery on campus for Dayton Public School students who participated in the Martin Luther King art competition in their schools. A selection of the pieces are currently on exhibit in the art gallery as part of Black History Month activities at UD.

Students, their families and teachers have been invited to the reception, which is also free and open to the public. For information, contact UD's minority student affairs office at (513) 229-3634.

## **FEB. 23-25: UD SIGMA NU GAME BALL RUN TO BEGIN AT NOTRE DAME**

Twenty-eight members of the University of Dayton's Sigma Nu fraternity will begin their traditional game ball run from the University of Notre Dame to UD on Friday, Feb. 23 at midnight to benefit the Cystic Fibrosis Foundation.

The students will leave Dayton for the drive to Notre Dame on Friday at about 8 p.m. from the fraternity house, 1309 Alberta St. When they reach the grotto on the Notre Dame campus at midnight, they'll all run the first mile of the 220-mile journey back to Dayton. After that, students will take turns running one-mile legs until they reach the final mile which will be completed by all the members. Depending on weather conditions, they expect to return to Dayton at noon on Sunday, Feb. 25.

President Phil Averey says the goal this year is to surpass their donation of \$8,300 last year and raise \$10,000 for the Cystic Fibrosis Foundation with the game ball run. The game ball will be presented to University officials at the beginning of the UD-Notre Dame match on Wednesday, Feb. 28 at 7:30 p.m. at UD Arena.

For more information, call Phil Averey at (513) 220-9514.



*The University of Dayton*

For further information or assistance in scheduling interviews, contact Office of Public Relations, (513) 229-3241.